

# Continuum of Recovery


Dora Dantzer-Wright, BS, CADC, NCRS  
President, Illinois Association of Extended Care, Inc

Donald E. Malec, MS, CAADC  
Director, Illinois Association of Extended Care, Inc.

# Continuum of Recovery



A cartoon illustration of a person with a large white head and a green shirt, pointing with their right hand towards a light blue rectangular screen. Below the person is a shelf filled with several books of various colors (red, blue, green, yellow).



Continuum of Recovery  
Today's Goal

A photograph showing a group of people outdoors. A person in an orange vest is pointing towards a banner that says "RECOVERY". The banner is held by several other people. The background shows trees and a building.

# Continuum of Recovery

- Topics to be discussed
  - Aftercare
  - Extended Care
  - Recovery Homes
  - Sober Living Environments
  - Recovery Coaching
  - Recovery Support Specialists

# Continuum of Recovery

- Questions To Be Explored
  - What is recovery?
  - What is treatment?
  - Does treatment support recovery?
  - Does recovery support treatment?

# Recovery



A cartoon illustration of a family sitting on a green sofa. A woman with blonde hair is reading a book to a young girl. A young boy is sitting next to the girl, also looking at the book. A box of toys is on the floor next to the sofa.

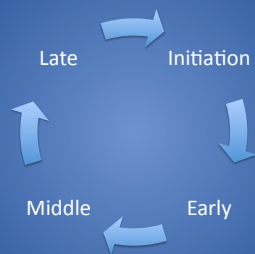
### Stages of Recovery

- Initiation
- Early
- Middle
- Late

### Stages of Recovery



### Stages of Recovery



### New Day Center Aftercare Model

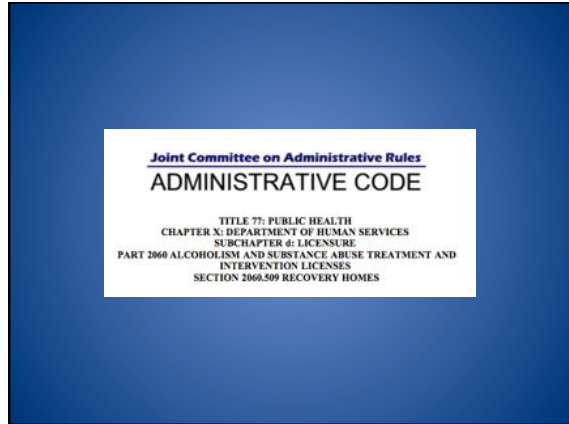
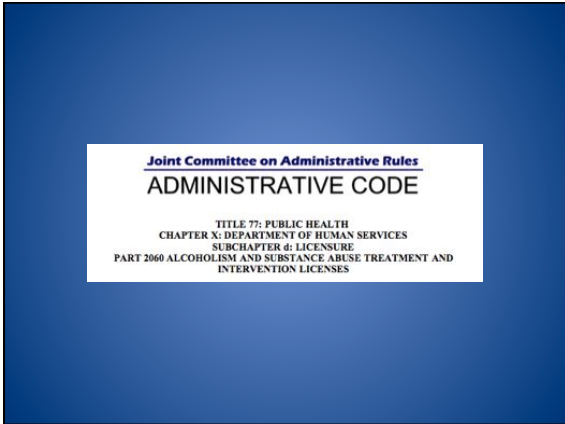
- Two year program
- Weekly meetings
- Included family members
- Lead by lay facilitators

### The Spinning Wheel



### New Day Center





### Social Model Recovery

- The basis of authority is experiential knowledge
- The primary therapeutic relationship is between the person and the program
- Everyone gives and receives help
- The fundamental framework lies with AA
- Addiction is viewed as centered in the reciprocal relationship between the individual and his/her surrounding social unit rather than in the individual.

### Recovery Coaching

**SKILLS**

- ① empathy
- ② active listener
- ③ detachment
- ④ objectivity
- ⑤ experimendence
- ⑥ knowledgeable of resources
- ⑦ communication
- ⑧ confidentiality
- ⑨ know when to ask for help
- ⑩ confident
- ⑪ competent

⑬ observant  
 ⑭ trustworthy  
 ⑮ approachable/ personable  
 ⑯ responsible  
 ⑰ courage  
 ⑱ culturally competent

### Recovery Coaching

**Paths to Recovery**

- Court
- Prison
- Natural
- A friend
- Celebrate ~~recovery~~
- Intervention
- Wife in something else
- work EAP
- Peer support
- Treatment
- Family
- CCAR
- Literature
- Medicine
- Hypnosis
- Acupuncture

- 12-step
- Rational Recovery
- Motivational Interviewing
- Attachment
- Medical
- Online support
- SMART-Recovery
- Clergy (Religion)
- SAP, schools
- Spiritual warrior
- Therapy
- Military
- Spa/retreats
- Self-Help Books
- Recovery!

### Recovery Coaching

**Roles & Responsibilities of a R.C.**

- ① Create a safe environment
- ② Know the signs of relapse
- ③ Healthy boundaries
- ④ Self care
- ⑤ Peers
- ⑥ Friends

- Supportive
- Advocacy
- Resource person (i.e. information)
- Establishes
- motivate
- to go
- to join
- embrace
- to follow up
- to help
- to help maintain
- confidentiality

## Recovery Support Specialists

- Illinois Specific - NCRS Model
- Illinois Association of Extended Care
- Treatment and Recovery working together

Illinois Association of Extended Care, Inc.  
1 E. Oakhill Drive, Ste #300  
Westmont, IL 60559  
(630) 891-9505 (leave message)  
<http://www.iaec.info>

Dora Dantzer-Wright  
(773) 398-2305

Don Malec  
(630) 240-1215